

In order for a child to be enrolled in a level, they must be able to do what is listed under that level.

Ex: If they cannot swim under water for 5 feet (listed under Intermediate I Level), then they must start at the Beginner 2/Orange Level. Swimming underwater for 5 feet is something they will learn in Beginner 2/Orange Level before they can progress to Intermediate 1/Yellow Level.

Beginner 1 – Red Level – No prerequisite

No experience in water
Does not put face in water
Does not go under water without holding nose
Uses hands to get water out of eyes
Scared to let go of side/person

Beginner 2 – Orange Level

Is not afraid of the water, but has little or no skills
Can retrieve objects underwater by fully submerging
Can do bob up and down (under water) in water
Can attempt to float on front/back
Can flutter kick

Intermediate I – Yellow Level

Can swim underwater for 5 feet
Can bob up and down (under water) 10 times without holding nose
Push off side of pool in a straight, streamline position
Flutter kick for 15 feet
Use front crawl arms for 15 feet
Float on back for 10 seconds
Demonstrate backstroke arms for 15 feet
Demonstrate elementary backstroke arms for 15 feet

Intermediate 2 – Green Level

Can swim underwater for 10 feet
Can bob up and down underwater 15 times w/o holding nose
Maintain a front float for 15 seconds
Push off in a streamline position for 10 feet
Flutter kick for 25 feet on back and front
Demonstrate backstroke arms for 25 feet
Demonstrate elementary backstroke arms for 25 feet

Advanced 1 – Blue Level

Swim underwater for 15 feet
Flutter kick $\frac{1}{2}$ the distance of a 25yd pool
Front crawl one length of pool (25yd)
Backstroke one length of pool (25yd)
Elementary backstroke one length of pool (25yd)
Breaststroke for one length of pool (25yd)
Tread water
Demonstrate butterfly body wave for length of pool (25yd)
Sidestroke glide for 10 feet

Advanced 2 – Indigo Level

Swim underwater for 12 yards
Demonstrate both the front float & ball float
Tread water for one minute
Flutter kick on back and front for one length of pool
Butterfly kick with body wave
Front Crawl length of pool
Back Stroke length of pool
Elementary Backstroke length of pool
Breaststroke length of pool
Butterfly $\frac{1}{2}$ length of pool
Sidestroke kick with kickboard support

Master Level - Violet Level

Demonstrate all kicks & strokes one length of pool
Flip turn
Tread water with and without arms and legs
Demonstrate all deck dives

